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## TEMP GETS CANCELLED

IN WHICH SHANNON LIES AROUND EATING POPSICLES AND WATCHING KATE WINSLET DVDS AFTER GETTING FIRED

PAGE 19

## Awww ... Mommy's little bigot

'I think babies are natural-born bigots,' researcher says when discussing his new book, Just Babies: The Origins of Good and Evil PAGE 25

## Toxic exposure

A new study is drawing attention to the health problems being faced by a First Nations community living near one of Canada's most industrialized areas PAGE 11

## A CUP OF RIDER PRIDE

**Saskatchewan Roughriders quarterback Darian Durant hoists the Grey Cup after beating the Hamilton Tiger-Cats in the Grey Cup on Sunday in Regina. See story, page 29.**

RYAN REMIORZ/THE CANADIAN PRESS

# Murder victim's face beaten beyond recognition: Father

**'Animals.'** Family calls for justice in Calgary's latest murder

Lukas Strasser was beaten so badly his own father barely recognized him when he arrived at his bedside early Saturday.

The 18-year-old Calgary resident had been at a gathering with friends when an altercation broke out in an alley in the 200 block of 10 Avenue S.W. around 2:45 a.m.

Those same friends have now informed Strasser's father, Dale Hird, that as many as 15 attackers "ambushed" his son, repeatedly striking and stabbing him.

Hird told Metro in an online conversation Sunday that he rushed to an area hospital and found Strasser unconscious and badly injured.

"My son died in my arms and the (expletive) animals beat him so bad I could only recognize him by his hands and the smell of his hair," Hird said.

Lukas Strasser COURTESY FACEBOOK

"I arrived at 6 a.m. and he passed just after 10 (a.m.) ... he was surrounded by family."

Police had not ruled out the possibility of multiple attackers, but said Saturday they were interviewing witnesses and only one suspect, a 20-year-old, was in custody.

Hird said while he has yet to learn why his son was targeted, he rejected any claims that he was an aggressor.

"There was not a scratch on either of his hands or knuckles ... this was not a fight," the grieving father said, before pleading for anyone with information to come forward and speak with police.

Funeral arrangements were still being made Sunday, but family and friends flocked to a Facebook page to express shock and disbelief over what many deemed a senseless crime. The news even reached Bolivia, where Strasser had been living.

"You will be missed a lot by everyone in Santa Cruz (because) even if we only had the pleasure to enjoy your friendship (for) a year, you were able to dig deep into our hearts and you'll stay there forever," wrote Vale Roempler.

By Sunday evening, more than 1,400 people had subscribed to the Facebook page.

Police were continuing to investigate and offered no new information on the case Sunday. Strasser is Calgary's 20th murder victim of 2013.

JEREMY NOLAIS/METRO

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## Indoor fields.
# Soccer push aims to up venues

Soccer proponents are pitching some measures to kick up the quality and availability of Calgary indoor fields.

The Alberta Soccer Association and Soccer Calgary have submitted a joint proposal to city officials that advocates for boarded fields in a new building being planned at the Subway Soccer Centre as well as at a lot designated for future soccer use in the northwest community of Rocky Ridge.

The move comes as city officials have pledged to finally complete the $11-million annex structure in time for indoor play next fall, nearly four years after a bubble-dome structure in the same location collapsed twice.

Richard Adams, executive director of the soccer body, said Calgary only has 10 boarded fields despite seemingly higher levels of participation than even hockey.

His organization registers between 17,000-18,000 annually, and Adams estimated about 7,000 athletes affiliated with other bodies use the same facilities.

By comparison, Edmonton, which has slightly fewer players, sports 12 boarded facilities.

Adams said a primary objective is to keep Alberta's top soccer talent close to home and help them as much as possible to reach elite levels of the game. "If you don't have access where you play, it certainly is a detriment and you're trying to replicate as much as you can ... what the 11-on-11 game is," he said, noting Alberta's climate prevents outdoor training for many months.

JEREMY NOLAIS/METRO

This transit-only lane and a similar northbound lane along Centre Street opened in November 2012. ROBSON FLETCHER/METRO

# Bus lanes deliver 'huge savings'

**Priority lanes.** Addition along a small stretch of Centre Street drastically cut travel times, transit director says

ROBSON FLETCHER
robson.fletcher@metronews.ca

It wasn't the most major of projects, but the addition of bus-priority lanes along a stretch of Centre Street one year ago has saved about 63,000 hours of total passenger travel time, according to Calgary Transit.

"For a small change, it's been pretty impactful on the routes in that area," transit director Doug Morgan said. "We've also seen about an 80 per cent reduction in the stops (due to traffic) a bus does through that area."

Reserved for buses and cyclists only, the priority lanes opened last November, with the northbound lane running from 42 Avenue to Thorncrest Road and the southbound lane from just past 54 Avenue to just south of McKnight Boulevard.

"We have about 90 buses an hour on nine different routes crossing McKnight Boulevard at that point, so, it's just the right place," Morgan said. "That's our strongest growth corridor with over 30,000 passengers per day going through there. That kind of ridership is very similar to the West LRT, so you can imagine the amount of buses."

**Lots of reading time**

**63,000**

Estimated number of hours saved by passengers due to the bus-priority lanes

Transit rider Cole Brattly previously told Metro the area was a bottleneck for traffic, prior to the lanes opening.

"It used to be pretty bad," he said. You'd see 20 or 30 cars backed up."

While the traffic flow may have now improved, Coun. Sean Chu, who represents the area, said there is still a demand for more service along the busy corridor.

"I know from door-knocking and talking to people, it's never enough," Chu said. "Even though every 90 seconds in rush hour there's a (Route) 301 (bus), it's still always packed and a lot of people can't get on."

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Jim Brenan, chair of the music and theatre arts programs at Mount Royal University, said the fine-arts community in Calgary will suffer if suspended offerings in his area aren't restored. COURTESY ALISON COLE

# Mount Royal not using extra $2M to revive axed programs

**Budget.** Move would be 'irresponsible,' says school spokesperson; program chair calls decision 'a strike to the fine arts in Calgary'

JEREMY NOLAIS
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Mount Royal University officials have opted to not reinstate any of the eight programs suspended in the wake of March's provincial budget cuts, despite receiving an injection of more than $2 million this month.

The school is, however, planning to add course sections in popular areas no later than January to aid with a struggle to fit students into general-education offerings.

University spokesperson Paula Arab said while Mount Royal received $2.1 million on Nov. 6, it only represents 2.6 per cent of a budget that was cut down 9.3 per cent in once-promised funding. "It would be irresponsible of us to restore programs that are still not properly funded," Arab said.

Talk of reinstating the programs was raised at a meeting of Mount Royal's general faculties council last week, but little favour was found among staff still fearing more cuts could come. Mount Royal is still staring down a near-$7-million shortfall over the next two years after already closing a $14-million gap in the spring.

The school also has eyes on upgrading to bachelor-degree offerings in interior design, physical education and social work — a move that would come with added costs.

Still, Minister Thomas Lukaszuk told Metro earlier this month that the money offered Nov. 6 — $50 million total provincewide — should be used to fund healthy programs suspended amid difficult budget deliberations in the spring.

He conceded that while many low-enrolment programs were put on the block, a few removed from course calendars were actually turning away applicants annually. Fine-arts proponents both at Mount Royal and in the community were quick to point out that the school's suspended jazz and theatre performance programs fell into the latter category.

Jim Brenan serves as chair of the programs and said Sunday he was disappointed more consideration wasn't being given to restoring them.

"It's still a strike to the fine arts in Calgary," he said. "It's unfortunate that the opportunity existed for reinstatement and they didn't go that direction."

But Arab said Mount Royal had communicated with the province about where it intends to use the $2.1 million and was told their plan to add courses was "appropriate." She said the added sections will have an "immediate effect."

**Cutting classes**

- Two of Mount Royal's suspended programs have found new homes or are being offered elsewhere. A similar offering to the school's disability studies diploma is planned for Bow Valley College and the perinatal studies diploma has been turned into an extension certificate program in Mount Royal's continuing education area.
- Advanced Education Minister Thomas Lukaszuk has said it's ultimately up to him to determine whether Mount Royal's suspended programs are reinstated or terminated.

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Inglewood BRZ chairman Brian Imeson tosses an empty plastic bottle into one of 20 custom-designed recycling bins, installed as part of a private project in partnership with Nestlé Waters and other organizations. ROBSON FLETCHER/METRO

# Street-side bins net recycling jump

**Inglewood.** Pilot project garners dramatic results in Calgary community

ROBSON FLETCHER
robson.fletcher@metronews.ca

Privately funded and locally crafted recycling bins placed in public spaces of Calgary's Inglewood neighbourhood have seen a significant increase in diversion rates, according to new data.

The number of beverage containers found in the garbage dropped by 89 per cent after 20 dual-stream receptacles were installed in the community about two years ago, mostly along the trendy commercial section of 9 Avenue S.E., according to a recent analysis.

The pilot project was a joint effort between numerous groups, including the Inglewood BRZ and Nestlé Waters Canada.

"Nestlé Waters basically funded the whole thing but gave us a lot of autonomy and freedom on how to go forward," said Inglewood BRZ chairman Brian Imeson, adding the goal was not only to encourage recycling but to beautify the area.

To that end, the BRZ hired Okotoks-based Little Monkey Metal to design unique steel receptacles that fit with the Inglewood ambience.

"It helps add to the overall feel of the street," Imeson said.

Similar undertakings at Spruce Meadows and Crossroads Market were also part of the project, but the most dramatic increase in recyclable-diversion rates was observed in Inglewood, according to a waste-stream analysis by sustainability consultants Reclay StewardEdge.

"The idea was to study what was happening with public-space recycling, which is a challenge for our industry," said Alexis MacKenzie, with the Alberta Beverage Container Recycling Corporation, which was also involved in the pilot project.

**Joint effort**

**48**

The total number of recycling receptacles installed as part of the project.

# Redford earns strong PC support

Alberta Premier Alison Redford received a strong vote of confidence from members of her Progressive Conservative party in balloting at the party's convention Saturday.

Redford received 77 per cent of the vote in secret ballots cast by 1,197 delegates.

"I'm a little overwhelmed," said Redford, as the hundreds of delegates in the ballroom gave her a standing ovation and chanted "Redford! Redford! Redford!"

"I'm so proud to be a member of this party and all that we've accomplished together."

The vote, required within two years of an election win, has become a potential trap for Tory leaders ever since then-premier Ralph Klein received just 55 per cent support in 2006 and quit the job soon after.

Premier Alison Redford delivers the keynote address at the provincial PC party convention in Red Deer on Friday. JEFF MCINTOSH/THE CANADIAN PRESS

The 77 per cent Redford received matched the figure that her predecessor, Ed Stelmach, received in 2009. Stelmach was out as premier within two years, resigning after he could not quell infighting over his leadership.

The voters included past and present legislature members, youth delegates and 15 representatives from each of the 87 constituency associations.

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"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

# 7 Avenue. CBE-owned Booth Centre the scene of possible arson

Arson investigators are surveying damage to a property owned by the Calgary Board of Education.

Fire crews were called overnight to the site of the Booth Centre, formerly owned by the Salvation Army.

Det. Torrey Killam said the damage appeared minimal.

The CBE has submitted proposals to turn the centre, located in the 600 block of 7 Avenue S.E., into a central location for Chinook Learning Services.

According to the organization's website, design documents have been submitted to Alberta Infrastructure and are under review.

JEREMY NOLAIS/METRO

**More online**

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**Crime**

## Police officer suffers injuries during arrest

A Calgary police officer is in serious condition in hospital after suffering injuries to his arm while attempting to arrest a suspect early Sunday.

The incident occurred around 2:30 a.m. at 10 Avenue and 6 Street S.W. as officers responded to reports of a disturbance.

"He was in the process of trying to take someone into custody when he ended up going through a plate-glass window," Det. Torrey Killam said.

The injuries were considered non-life-threatening.

JEREMY NOLAIS/METRO

# Startup app looks to bring medical info into 21st century

Dr. Rahul Mehta shows off a device equipped with the software he helped create to make medical information and best practices more easily accessible to both doctors and patients. ROBSON FLETCHER/METRO

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**Awards**

SnapDX was recognized this month with two major awards at the W21C Innovation Academy, a research initiative at the U of C.

Two local physicians have teamed up with the co-founder of Startup Calgary to create a new app designed to put medical information at the fingertips of both doctors and patients.

Their creation, SnapDX, is designed to synthesize mass amounts of personal medical data and the latest best practices in a given field, making it easily accessible to physicians and easily understandable to the people they're treating.

"It really allows physicians and patients to access the latest medical knowledge, right at the bedside," said Dr. Rahul Mehta, who created the software along with Hisham Al-Shurafa of Startup Calgary and the help of neurology resident Dr. Aravind Ganesh.

Mehta said patients can begin using the software by filling out their medical info on a smartphone or tablet, rather than a paper questionnaire, while waiting to see a doctor.

He said the same software can then provide a recommended workup to physicians and treatment plan to patients in a "really aesthetically pleasing way" using, for example, interactive infographics rather than long lists of drug benefits and side effects.

The software is still in its beta stage but eventually, Mehta said, the goal is to allow physicians to interact with and follow up on patients remotely.

ROBSON FLETCHER/METRO

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# Outed as users. Medical-marijuana patients plan to sue Health Canada

Thousands of Canadians across the country are planning a class-action lawsuit against Health Canada after they were outed as medical marijuana users in a mass mail-out last week.

Cannabis in Canada Society founder and director Jason Wilcox said that at least one person has lost his job over the gaffe and thousands more fear their gardens may be targeted and their houses robbed.

The fear is the result of Health Canada sending out 40,000 documents to patients in white envelopes with the words "Marihuana Medical Access Program" written across the top, followed by the patient's name and address.

Wilcox and Scott McCluskey are the named plaintiffs in the case and will represent up to 40,000 Canadians who have been affected.

"We want the government to see the potential fallout," said Wilcox, adding that he worries for patients who live in small towns, especially those who reside in a "right-wing, conservative town that is anti-marijuana."

"If you're in a small town, you are more exposed. If it goes into the neighbour's mailbox, which often happens with Health Canada, you're exposed. And everybody that's in a small town talks."

Health Canada deputy minister George Da Pont said last week the format of the mailing was the result of an "administrative error." He said the letters outlining changes to the Marihuana Medical Access Program, which take effect next spring, were sent to 40,000 patients.

According to the letter, among the reasons for changes to the rules, which will prohibit patients from growing their own marijuana at home, is concern that participants in the program will be targets of home invasions. Da Pont went on to say the mail-out was "not standard Health Canada practice."

TREVOR GREENWAY/METRO IN OTTAWA

# Adoption rules strand Canadian in Pakistan

**Stuck.** Bureaucracy won't allow family to bring adopted boy from Pakistan to Canada

Ajjab Afridi and his adoptive mother, Waheeda Afridi, are shown in a handout photo. THE CANADIAN PRESS/CONTRIBUTED

Waheeda Afridi was proud when she became a Canadian citizen nearly a decade ago, but now feels only anger and frustration over a bureaucracy that she says has abandoned her and her adopted son overseas.

The Saskatoon woman and her husband, unable to have children of their own, became guardians of her nephew in Pakistan shortly after he was born there in 2010. But the family has been unable to bring the boy to Canada. Caught in the middle of changing and confusing Canadian rules around the adoption of Pakistani children, Afridi hasn't been back to Saskatoon since she and her husband first went to Pakistan to get the child three years ago.

She won't leave without her little boy, Ajjab. She says she'd die first.

"I cannot sleep at night. Every night it spins around in my mind: What is going to happen? Are we going to be home soon? When are we going to go back?" Afridi, 38, told The Canadian Press in a phone interview from Ankara, Turkey.

Afridi had been living with family in Pakistan under constant threat of violence from the Taliban and bomb attacks. She and Ajjab were recently able to fly to Turkey on a visitor's visa. She says that visa expires in mid-December and she doesn't know what she'll do then. She hopes she and her son won't have to return to Pakistan.

A spokeswoman with the federal immigration department says she can't comment on the case because it's before the court. But, in general, Sonia Lesage says adoption rules in Canada and Pakistan have "legal incompatibilities."

THE CANADIAN PRESS

**Quoted**

**"What is going to happen? Are we going to be home soon?"**

**Waheeda Afridi, adoptive mother,** on the uncertainty she and her son face due to changing adoption rules.


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## London dishoveled by first big snowfall

Evelyn McLean, a third-year MIT student at London, Ont.'s Western University, clears the sidewalk in front of her house. Ontario got its first real blast of winter on the weekend, with London seeing 30 centimetres of snow, forcing the city to shut down its community centres and pools. MARK SPOWART/FOR METRO IN LONDON, ONT.

# First Nations exposed to 'chemical valley' toxins

**Pollution hot spot.** 40 per cent of Canada's chemical industry is clustered at the southernmost tip of Lake Huron between Ontario and Michigan

A new study is drawing attention to the health problems being faced by a First Nations community living near one of Canada's most industrialized areas.

Members of the Aamjiwnaang First Nation living on a reserve near Sarnia, Ont., have long suspected harmful chemicals were behind an unusually low male birth rate and slew of other reported health issues.

Now, tests performed by a McGill University professor suggest mothers and children are being exposed to higher-than-average levels of harmful hormone-blocking pollutants.

While the study doesn't prove that the pollutants are to blame for earlier research that found baby girls outnumbered boys by a two-to-one ratio in the community, it does suggest a possible link.

The reserve at the centre of the study is located near a patch of southern Ontario that some environmental activists call "chemical valley."

There are 60 industrial facilities found within a 25 kilometre radius of Aamjiwnaang lands.

"It's the first study to really show that mothers and children in the area are exposed to a number of pollutants," said Niladri Basu, a McGill professor and the study's lead author.

More detailed research is needed to establish a connection between pollutants, health risks and the surrounding environment, Basu said.

Residents of Aamjiwnaang have been calling for such a study for years, though a lack of funding continues to impede more detailed research.

Ada Lockridge, who helped found Aamjiwnaang's environmental committee, said pollution is a fact of life for the reserve's roughly 800 residents.

Like others in the community, Lockridge keeps a special plastic bucket — as part of a group known as the "bucket brigade" — to collect environmental samples that can be tested for toxins whenever the air seems especially poor. The results are sent to a U.S.-based monitoring organization. THE CANADIAN PRESS

**Health problems**

**A 2006 community survey by Aamjiwnaang's environment committee cited a number of health issues, including miscarriages, chronic headaches and asthma.**

- Forty per cent of band members surveyed required an inhaler.

# Catch-22. Legal pot in U.S. could spell trouble for Canadian travellers

Todd Spaits believes his home state of Washington could one day be the Amsterdam of the United States, with everyone from die-hard pot heads to the curious but uninitiated visiting for the novelty of legally buying and smoking marijuana.

And Spaits, who has already applied for a licence to open a retail store in the Seattle area once the state implements its legalization scheme, hopes Canadians will be among his customers.

"It's going to be similar to an Amsterdam trip: You're just going to go into a shop and look around, and if you do enjoy smoking, you're going to buy something, just to be part of that movement," says Spaits, 39.

But legal experts warn anyone heading into the United States planning to indulge in legal marijuana could run into problems if they disclose those plans at the border, with customs officers who enforce federal, not state, laws able to use information about travellers' pot smoking habits to turn them away or even bar them from entering indefinitely. THE CANADIAN PRESS

A man smokes cannabis in a coffee shop in Amsterdam. Will new laws make Washington state the U.S. equivalent? JASPER JUINEN/GETTY IMAGES/FILE

**Old bones**

## Vatican displays remains said to belong to St. Peter

The Vatican publicly unveiled a handful of bone fragments on Sunday purportedly belonging to St. Peter, reviving the scientific debate and tantalizing mystery over whether the relics found in a shoebox truly belong to the first pope.

The nine pieces of bone sat nestled like rings in a jewel box inside a bronze display case on the side of the altar during a mass commemorating the end of the Vatican's year-long celebration of the Christian faith. It was the first time they had ever been exhibited in public.

Pope Francis prayed before the fragments at the start of Sunday's service and then clutched the case in his arms for several minutes after his homily. THE ASSOCIATED PRESS

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# Computer system is learning common sense

Artificial intelligence

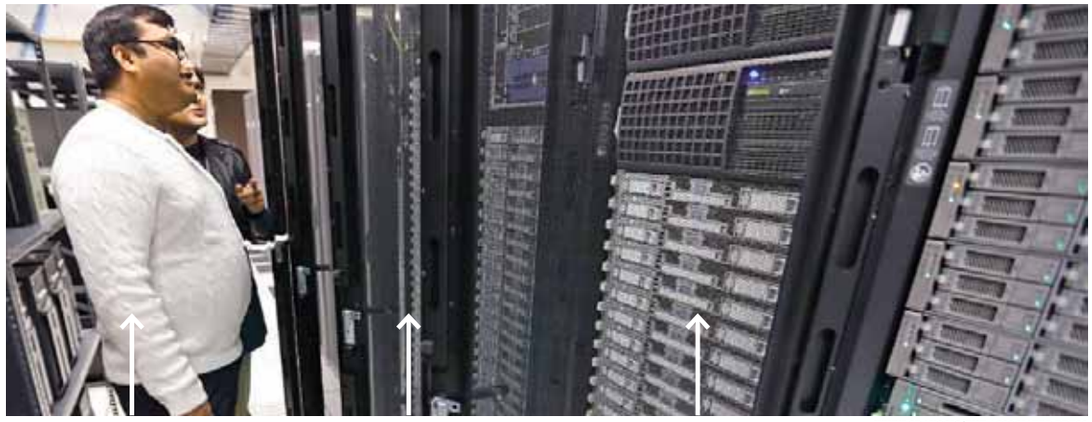
## NEIL system learns to make decisions

Researchers are trying to plant a digital seed for artificial intelligence by letting a massive computer system browse millions of pictures and decide for itself what they all mean.

The system at Carnegie Mellon University is called NEIL, short for Never Ending Image Learning. In mid-July, it began searching the Internet for images 24-7 and, in tiny steps, is deciding for itself how those images relate to each other. The goal is to recreate what we call common sense — the ability to learn things without being taught.

The project is funded by Google and the U.S. Department of Defense's Office of Naval Research.

THE ASSOCIATED PRESS



KEITH SRAKOCIC/THE ASSOCIATED PRESS

Quoted

**"Any intelligent being needs to have common sense to make decisions."**

**Abhinav Gupta, a professor in the Carnegie Mellon Robotics Institute,** shown above, looking over one of the clusters of computers used in the research project.

Connecting the dots

**4**

**In just over four months, the network of 200 processors has identified 1,500 objects and 1,200 scenes and has connected the dots to make 2,500 associations.**

Figuring out connections

## Professor pleased with NEIL's progress

NEIL uses advances in computer vision to analyze and identify the shapes and colours in pictures, but it is also slowly discovering connections between objects on its own. For example, the computers have figured out that zebras tend to be found in savannahs and that tigers look somewhat like zebras.

Gupta is pleased with the initial progress. In the future, NEIL will analyze vast numbers of YouTube videos to look for connections between objects.

NEIL's future

**Neither Mountain View, Calif.-based Google Inc. nor the Office of Naval Research responded to questions about why they're funding NEIL, but there are some hints.**

- **The U.S. navy's website notes:** "In many operational scenarios, the human presence is not an option." In other words, computers may make some of the decisions in future wars.
- **NEIL's motto:** "I Crawl, I See, I Learn," and the researchers hope to keep NEIL running forever. That means the computer might get a lot smarter. Or it might not.

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Iran's President Hassan Rouhani kisses the head of Armita, the daughter of Iranian researcher Darioush Rezaeinejad, who was assassinated in 2011 after Iran and world powers came to an agreement in Geneva on Iran's nuclear program. IRAN'S PRESIDENCY OFFICE, MOHAMMAD BERNO/THE ASSOCIATED PRESS

# Iran agrees to curb nuke activity

**Breakthrough deal.** Commits Iran to freeze its nuclear activities for six months; allows time to negotiate a better deal

Iran struck a historic deal Sunday with the United States and five other world powers, agreeing to a temporary freeze of its nuclear program in the most significant agreement between Washington and Tehran in more than three decades of estrangement.

Iranian President Hassan Rouhani endorsed the agreement, which commits Iran to curb its nuclear activities for six months in exchange for limited and gradual sanctions relief, including access to $4.2 billion from oil sales. The six-month period will give diplomats time to negotiate a more sweeping agreement.

It builds on the momentum of the public dialogue opened during September's annual UN gathering, which included a 15-minute phone conversation between President Barack Obama and moderate-leaning Rouhani, who was elected in June.

The package includes freezing Iran's ability to enrich uranium at a maximum five per cent level, which is well below the threshold for weapons-grade material and is aimed at easing Western concerns that Tehran could one day seek nuclear arms.

Obama hailed the pact's provisions, which include curbs on Iran's enrichment and other projects that could be used to make nuclear arms, as key to preventing Iran from becoming a nuclear threat.

"Simply put, they cut off Iran's most likely paths to a bomb," he told reporters.

For Iran, keeping the enrichment program active was critical. Iran's leaders view the country's ability to make nuclear fuel as a source of national pride. THE ASSOCIATED PRESS

**Strange bedfellows**

**Israel and Western-allied Gulf countries led by Saudi Arabia have formed an unlikely alliance in their opposition to Sunday's deal, joined together by shared concerns about a nuclear-armed Iran and Tehran's growing regional influence.**

- Israel's PM harshly condemned the deal and Saudi Arabia remained conspicuously quiet.
- Israel's Benjamin Netanyahu said the world had become a "more dangerous place" as a result of the deal.

**Skeptical**

## *Baird takes tough stance on new deal*

The Canadian government was "deeply skeptical" on Sunday of Iran's agreement to temporarily freeze its nuclear program, saying Ottawa's sanctions against the regime would remain firmly in place until the new deal's words turned into actions.

Foreign Affairs Minister John Baird took a stronger stance on the newly brokered deal than the United States and other allies, saying Canada would be watching Iran closely.

"We have made-in-Canada foreign policy," he told reporters on Sunday.

"We think past actions best predict future actions. And Iran has defied the United Nations Security Council, it has defied the International Atomic Energy Agency. Simply put Iran has not earned the right to have the benefit of the doubt." Baird added "every diplomatic measure" should be taken to ensure Iran never obtains nuclear weapons. THE CANADIAN PRESS

# Tough new law curtails gatherings in Egypt

Egypt's interim president on Sunday banned public gatherings of more than 10 people without prior government approval, imposing hefty fines and prison terms for violators in a bid to stifle the near-constant protests roiling the country.

The new law is more restrictive than regulations used under the rule of autocrat Hosni Mubarak, overthrown in Egypt's 2011 uprising that marked the start of unrest in the country.

Rights groups and activists immediately denounced it, saying it aims to stifle opposition, allow repressive police practices and keep security officials largely unaccountable for possible abuses.

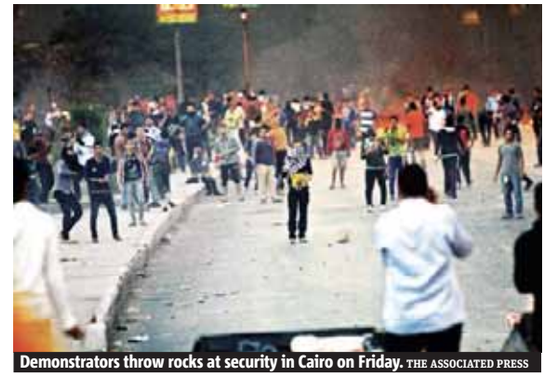
"The law is giving a cover to justify repression by all means," said Bahy Eddin Hassan, head of the Cairo Institute for Human Rights Studies, one of the local groups that had campaigned against the law.

The military-backed government first floated the law in October. Interim President Adly Mansour approved a slightly amended version Sunday, which removed a proposed ban on sit-ins and a draft portion criminalizing "insulting the state."

The law requires three-day prior notice for protests. It grants security agencies the right to bar protests or gatherings, including election-related meetings of political parties, if they deem it a threat to public safety or order. Shaima Awad, a member of the Muslim Brotherhood's political party, said protests would continue, calling the law "nonsense."

A similar law to regulate protests was hotly contested when Islamist President Mohammed Morsi was in office. It never passed.

The new law also bars gatherings in places of worship. THE ASSOCIATED PRESS



Demonstrators throw rocks at security in Cairo on Friday. THE ASSOCIATED PRESS

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## Pakistan. Truck drivers target of drones protest

Demonstrators protesting U.S. drone strikes roughed up drivers Sunday as they sought to stop trucks carrying NATO troop supplies and equipment from passing through northwest Pakistan.

The rally came a day after a party led by politician and cricket star Imran Khan said it would prevent NATO supply trucks making their way to and from Afghanistan from travelling through Khyber Pakhtunkhwa province until the U.S. stops drone strikes.

Some 100 protesters on the outskirts of Peshawar, the capital of Khyber Pakhtunkhwa, checked the documents of truck drivers headed toward Afghanistan as they passed through a toll booth. They shouted at the drivers, and pulled one man, Gul Zaman, out of his truck when he told them that he was carrying commercial goods to Afghanistan, not NATO supplies. Video of the incident was shown by Pakistan's Geo TV. THE ASSOCIATED PRESS

SARS-like virus

### Another fatality in Saudi Arabia

Saudi Arabia says one more person has died from a new respiratory virus related to SARS, bringing to 55 the number of deaths in the kingdom at the centre of the outbreak.

The Health Ministry said Sunday that the 37-year-old man died in Riyadh. He was among 130 people who have been infected with the virus in Saudi Arabia since September last year.

The virus emerged in the Middle East and can cause rapid kidney failure but doesn't seem as infectious as SARS. It has been dubbed MERS, or Middle East respiratory syndrome.

SARS killed some 800 people in 2003. THE ASSOCIATED PRESS

# 50,000 march in Ukraine urging Kyiv to sign EU deal

Opposition protesters and riot police clash in front of the Ukrainian Cabinet of Ministers in Kyiv, Ukraine, Sunday. ANDREW KRAVCHENKO/THE ASSOCIATED PRESS

**Spurn Russia rally.** Protest biggest since the peaceful 2004 Orange Revolution

About 50,000 people rallied in the centre of Kyiv on Sunday to demand that Ukraine's government reverse course and sign a landmark agreement with the European Union in defiance of Russia.

The rally was led by top opposition figures, who called for the protests to continue until President Viktor Yanukovych agreed to sign the free trade and political association deal with the EU at a summit on Friday.

Sunday's demonstration was sparked by anger over the government's sudden move last week to pull out of the EU agreement and focus instead on trade ties with Russia, under strong pressure from Moscow.

After the rally at European Square, dozens of protesters clashed with police and pro-Russia activists near the government building, while another standoff took place outside Yanukovych's office.

In an emotional letter read to demonstrators by her daughter, imprisoned former prime minister Yulia Tymoshenko called on Ukrainians to continue demonstrating until Yanukovych signed the EU deal. "Don't let him humiliate us all in this way," Eugenia Tymoshenko read out, shaking from cold and emotion. "It's our roadmap to a normal life."

One key EU demand for signing the deal is the release of Tymoshenko. Yanukovych narrowly defeated Tymoshenko in the 2010 presidential election. He comes up for re-election in 2015, and Tymoshenko accuses him of keeping her behind bars to prevent her from running. THE ASSOCIATED PRESS


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## Christmas brings peace and love to the Hill

House of Commons security personnel patrol the halls of the Parliament Buildings decorated with Christmas trees in Ottawa on Sunday.

FRED CHARTRAND/THE CANADIAN PRESS

# Indie U.S. retail wants more Canuck bucks

**Tough times.** Canadians may be making millions of same-day return visits to the U.S. each quarter

The fierce competition for the Canadian shopping dollar just across the border from British Columbia in Washington state has spawned an idea to steer the sometimes-myopic Canuck shoppers away from malls and big-box stores, to the mom-and-pop shops.

About 30,000 copies of The Crossing Guide magazine, which is currently under design, will be distributed throughout Metro Vancouver, BC Ferries' terminals on the mainland and border crossings in early January, said Marisa Papetti, the magazine's owner and publisher.

Marisa Papetti wants Canadians to try small U.S. shops. THE CANADIAN PRESS

But not everybody's excited about the prospect of more U.S. businesses trying to lure Canadians south of the border.

"It's super competitive," said Anita Huberman, the CEO of the Surrey Board of Trade, about the current business environment.

Six businesses in Surrey's south end closed recently because of a drop in foot traffic, and any increase in U.S. advertising will only compromise others, she said.

The shuttered businesses included well-known clothing and electronics retailers.

THE CANADIAN PRESS

Switzerland

## Voters: Don't touch those exec. salaries!

Swiss voters soundly rejected on Sunday a proposal to limit the pay of companies' highest-paid managers to 12 times that of their lowest-paid workers, a plan that business leaders had warned could weaken the prosperous nation's economy.

A projection by the gfs.bern polling agency based on partial counting showed voters shooting down the plan by a margin of 66 per cent to 34. Initiatives need a majority of both voters and cantons (states) to pass in a referendum; by Sunday afternoon, results from 20 of the 26 cantons were in and all had voted against.

Sunday's referendum came after voters in a March vote voiced anger at perceived corporate greed by deciding to boost shareholders' say on executive pay and ban one-off bonuses known as golden hellos and goodbyes.

Switzerland is home to global business players such as pharmaceutical companies Novartis and Roche. THE ASSOCIATED PRESS

## Paris. Horsey set in France upset at imminent tax increase

Thousands of riding enthusiasts, many atop ponies, are protesting a sales tax increase they say will make riding lessons too expensive and force many schools to close.

In January, France plans to nearly triple the value added tax on riding schools to bring it in line with EU regulations.

But the move has angered horse people, who complain that it will erode an important piece of rural culture, already struggling to recruit enough clients in a poor economy.

On Sunday, thousands paraded through Paris along with hundreds of ponies and a few horses, carrying signs criticizing President Francois Hollande, whose proposals to increase several taxes regularly attract such protests.

The riders won the Senate's backing last week when it voted to leave the rate unchanged for riding schools.

THE ASSOCIATED PRESS

Demonstrators with ponies, during a protest in Paris. THE ASSOCIATED PRESS

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# Waging a war against the F-bomb

**fbomb.co.** A 22-year-old student hopes his site will get Twitter users to think before dropping the F-word

It gets dropped without warning and can strike anywhere in the world, laying waste to rational arguments and leaving a trail of offended sensibilities in its wake.

But the linguistic threats posed by the F-bomb on Twitter pale in comparison to its entertainment value, according to a Canadian computer science student who has made it his mission to track the global prevalence of this word-based weapon on the social networking site.

Martin Gingras's fascination with the popular profanity prompted him to create fbomb.co, a website that tracks the use of the word in real time.

By combining features from two of the web's most widely used applications — Google Maps and Twitter — the site allows readers to observe where in the world F-bombs are falling. THE CANADIAN PRESS

**A young Emily Post?**

**Martin Gingras said his personal distaste for swearing may have given his otherwise light-hearted venture a bit of an agenda after all.**

- "It's more of an entertainment thing, but once people are on it, hopefully they read through a couple and realize how ridiculous it sounds."

## Learning from wise old owls

**Inspired by a collection of Canadian owl feathers, an international team of engineers is studying the nocturnal birds of prey, hoping the mysteries of their stealthy flight might lead to improvements in the design of everything from aircraft to submarines.** THE CANADIAN PRESS

# New frontier. U.S. warship boldly using electric propulsion for first time

Captain Kirk's futuristic-looking vessel sports cutting-edge technology, new propulsion and powerful armaments, but this ship isn't the Starship Enterprise.

The skipper of the stealthy Zumwalt is Navy Capt. James Kirk, and yes, he's used to the jokes about the name he shares with the TV starship commander played by actor William Shatner.

Kirk takes it in stride.

While it's no starship, the technology-laden Zumwalt taking shape at Maine's Bath Iron Works is unlike any other U.S. warship. It's the first U.S. surface warship to use electric propulsion, and its power plant is capable of producing enough electricity to light up a small city. THE ASSOCIATED PRESS

**The Zumwalt destroyer moored in Bath, Maine.** THE ASSOCIATED PRESS FILE

**Canada's seal hunt**

## WTO to rule on seal products

Advocates for and against Canada's commercial seal hunt will be watching Monday as the World Trade Organization rules on the EU's ban on imported seal products. THE CANADIAN PRESS

**Random biz fact of the day**

## 16

**On average, job seekers use 16 different sources when searching for a job.**
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# Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 16

metronews.ca/temp

Worker satisfaction

## Maybe we don't have it so bad

Canada has some of the most satisfied workers compared to the rest of the world, according to a recent survey by Monster.ca.

Canada tops the chart with 64 per cent of workers saying they love or like their job, followed by the Netherlands (57 per cent), India (55), the United States (53) and the United Kingdom (46).

PHOEBE HO/FOR METRO

ISTOCK

Skill acquisition

## Ready and willing to learn

Canadian workers are willing to learn a new skill set to open up opportunities, according to Hays Canada's What People Want 2013 survey, with 88 per cent saying they are either planning to or will consider acquiring new skills to take advantage of shortages in other industries.

PHOEBE HO/FOR METRO

# Temp Gets Fired!

Here's the thing: I've been fired before and couldn't have cared less, but getting fired from TWK stung.

"You let yourself get attached, Shanny," said my sister Amy. "The No. 1 law of temping: Never bond." She was helping me self-medicate with grape popsicles and a Kate Winslet DVD marathon. I was in pajamas at four in the afternoon and my life had devolved into the third panel of a Cathy cartoon where she stares into the void and emotionally implodes. "The only reason anyone hires anyone is to help them make money. The moment you can't do that, they'll chew your face off and toss the remains into a dumpster."

"That's not true. I liked it at TWK."

"Have you tried calling Mr. Shoeman?"

"He's on an energy retreat in the countryside."

"China has a countryside?"

"You're right. He's probably at World Extreme Cageboxing."

"What about Kyle?"

"He showed up to take Sarah to lunch just as I was leaving. I couldn't talk to him. God only knows what Sarah told him about me."

"Shannon, how do you think Kate Winslet manages to always lose weight?" Amy's attention span is limited. Discussion of my temping was over.

The doorbell rang. I live in a basement suite and it's not the easiest place to find, so for someone to locate me takes work. I opened the door: It was Sarah No. 1, so I closed the door, but she started banging on it. "Let me in! Shannon, I was horrible! I deserve this! Let me explain!"

I opened the door. "Explain what?"

"I just got fired."

"So what? I'm waiting for whatever it is you're going to explain."

"Let me come in?"

"Oh God. All right. Shoes off. Would you like a grape popsicle?"

She came into the TV area and I introduced her to Amy. "We're having a Kate Winslet marathon." Amy hit pause.

Sarah looked at the frozen frame. "How does that woman always manage to lose weight so regularly?"

"Excuse me, Sarah — my explanation?"

"There is no explanation. I came here because I couldn't think of anyone else to visit. I have no friends. They all got married and this would just make them happy about their decision to do so."

"So you came to me because I'm a failure and won't judge you harshly?"

"To be honest, sort of. Yeah. You seem like your head's screwed on right. I like the way you never took crap from anyone at TWK — and your 'random fact of the day' was always funny. And yesterday I got to see the human side of you."

**"I like the way you never took crap from anyone at TWK — and your 'random fact of the day' was always funny."**

"I'm deeply flattered." The three of us sat there in silence and then I figured it out: "Wait — you just want to know what my secret plan is so that you can get in on it."

"Well, yeahhhh!"

I paused a second. "OK."

TO BE CONTINUED...

Random fact of the day

**What a buzz kill.**

- Elephants use skin folds on their backs to crush mosquitos. SOURCE: PICSTACHE.COM

Random biz fact of the day

**47%**

Almost half of recruiters say candidate compensation increased from 2011 to 2012.

SOURCE: WORKOPOLIS

iamtemp

WE HEART IT/TUMBLR

## TEMP iz on Tumblr

Follow iamtemp on Tumblr for random musings on all things TEMP, from zombie pandas and choose-your-own surf & turf to Ron Swanson lunchables, raccoon dance parties and Lego doctors battling the NoroVirus (in German, of course). Plus, find sneak peeks of future episodes of TEMP. Check it out at iamtemp.tumblr.com.

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# ART YOU CAN APPRECIATE

URBAN COMPASS

**Jeremy Klaszus**
calgary@metronews.ca

It's an unfortunate truth that what is obnoxious and outrageous tends to distract us from more worthwhile things.

Take Rob Ford, for example. Or, here in Calgary, the new public-art installation called Travelling Light.

Travelling Light, you'll recall, is the big blue ring adorned with wee bug-like antennae on 96 Avenue N.E. Mayor Naheed Nenshi called it "awful" and the rest of the city seems to agree.

(Hold it: Let's take a moment to give thanks that, as a city, we are stuck with Travelling Light and not Rob Ford. OK, let's continue.)

A far superior work of public art is tucked under the bridges just east of the Drop-In Centre in up-and-coming East Village. It's fresh, colourful and exciting — and hasn't really been getting the attention it deserves.

You'll see it splashed on the bridge piers, high-end public bathrooms and utility sheds by the river, an array of sculptures and murals that are both whimsical and rooted in local history.

Created by the artistic collective Light and Soul, "The Field Manual: A compendium of local influence" is one of the best-kept secrets in the city.

Pink and blue hands emerge from one pier in a cat's-cradle pose. Another mural shows the arrival of the CPR and RCMP in the Calgary area, and the upheaval of one culture with another. On another, a coyote looks on as the city expands outward from the confluence of the Bow and Elbow rivers in an explosion of land, water and sky.

I encountered The Field Manual in a new way while biking home from work one day in July. A small crowd blocked the pathway. The artists behind the project — Daniel J. Kirk, Ivan Ostapenko and Kai Cabunoc-Boettcher — were explaining how the work is rooted specifically in East Village, and incorporates elements like the C-Train and old King Eddy hotel.

The artists describe the project as a playful interpretation of place: "Old traditions intersect and inform new trends and displacement/replacement. Growth and decay are evident around each bend."

One mural, of an elegant cyclist adorned with flowing ribbons of colourful hair, pays homage to Blackfoot culture and urban cycling culture without coming off as trite or forced.

By exploring the intersection of old and new, Light and Soul has brought new life to a rapidly changing area of the city. The work invites passersby to stop and reflect on the story of where they live.

The only downside of this project is that it's not permanent. It's slated to be in place for only two years, after which it will be replaced by a new project.

That's a shame, considering how much the project brightens and enriches the area. My words don't do it justice, so go see it yourself before it's too late.

ZOOM

# High alert for Mount Sinabung

DEDY ZULKIFLI/THE ASSOCIATED PRESS

## Indonesian volcano repeatedly erupts

Mount Sinabung spewed volcanic material as seen from Karo, North Sumatra, Indonesia, on Sunday. Indonesian authorities raised the alert status for one of the country's most active volcanoes to the highest level after the mountain repeatedly sent hot clouds of gas down its slope following a series of eruptions in recent days. THE ASSOCIATED PRESS

How high?

## 2,600 m

The 2,600-metre-high mountain has sporadically erupted since September after being dormant for three years. Mount Sinabung unleashed fresh volcanic ash and gravel as high as 5,000 metres and searing gas down its slope up to two kilometres, said a government volcanologist, Surono, who like many Indonesians uses one name.

## Villages evacuated amid ash, smoke

About 12,300 evacuees from eight villages around the mountain were packed Sunday in crowded government camps away from the fiery crater, while more than 6,000 others fled earlier to temporary shelters in 16 safe locations, said National Disaster Mitigation spokesman Sutopo Purwo Nugroho.

The volcano's last eruption, in August 2010, killed two people and forced 30,000 others to flee. It caught many scientists off guard because it had been quiet for four centuries.

Mount Sinabung is among around 129 active volcanoes in Indonesia, which is prone to seismic upheaval due to its location on the Pacific Ring of Fire, an arc of volcanoes and fault lines encircling the Pacific Basin.

THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
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**Nearly a month after Instagram opened its virtual doors to paid advertising, sponsored posts have likely been popping up in your feed. Not that brands weren't welcome before, but pre-monetized Instagram, brands were treated the same as any other schmoe posting filtered pics. Now, with cash pushing photos through your feed, here's a look a some brands making their way into your screen:**

MICHAELKORS/INSTAGRAM

### Michael Kors:

Posted three weeks ago, Michael Kors was one of the first brands to take advantage of the new setup. Using #MK-Timeless, their 'pampered in Paris' post (pictured) has been liked 230,000 times. While many Instagrammers were not so pleased with pampered in Paris, the brand did gain between 33,000 and 34,000 new followers in 18 hours. #StreisandEffect?

### General Electric:

I know, I know — jet engines hardly seem the type to get all filtered up and passed around. But the Boeing's #GE90 pic was liked 59,000 times. Jets, who knew?

### Burberry:

Though they've been posting since the early days of Instagram, rumour has it they're now using sponsored content (disclosure: I have not seen it yet). While I can say with certainty I'm not Burberry's target market, I have to admit their photo stream is creative (and pretty).

Twitter

**@metropicks asked: Where in the world is the F-bomb dropping? One Ottawa student tracks its use at fbomb.co. When do you tweet profanity?**

**@robin_writing:** this is pretty cool- it really is all about context

**@thatguy666:** reminds me of http://alotsafari.com/ just using another word.

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**Ebooks**

## The Things They Carried

**By.** Tim O'Brien

**Audible.com**

**MIND THE APP**
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Produced by Tom Hanks, this collection of Vietnam war stories explores the personal artifacts and memories carried by soldiers as coping strategies, superstitions and habits of endurance. Bryan Cranston (Breaking Bad) narrates, capturing with perfect attitude a cast of voices gruff with uncertainty, panicked by youth and haunted by loss. These are personal journeys, unexpected and masterfully told.

**Box office**

## Money to burn

The Hunger Games sequel Catching Fire opened with $161.1 million at the box office, narrowly besting the original film and setting a record for a November opening. The result, from studio estimates Sunday failed to dethrone the year's biggest box-office opening of $174 million for Iron Man 3. But it did best the previous top November opening of $142.9 million by Twilight Saga: New Moon. THE ASSOCIATED PRESS

Winona Ryder stars in Homefront, which opens Wednesday. CONTRIBUTED

# Ryder on the Homefront

**Arm candy role.**
Actress talks Lou Reed and being a biker chick in her latest film

**NED EHRBAR**
Metro World News in Hollywood

Sure, Winona Ryder has a movie to promote — the Jason Statham-starring Homefront — but she'd much rather talk about Lou Reed, if that's OK. "I was supposed to see it (Homefront), but then Lou Reed died and I had to go to his memorial. And you know, I just haven't been able to. But I usually see something before talking about it," Ryder says with a laugh. "And it's also my first 'this' kind of movie."

The movie she speaks of is about a former drug enforcement agent who moves to a seemingly-idyllic town with an underbelly of drugs and violence. But before discussing the flick, Ryder has some things to say about Reed.

**I've heard (Lou Reed) was one of the toughest people to interview.**
Ethan Hawke — who worshiped him — met him somewhere and they were somehow exchanging numbers. Ethan was giving him his number and it was a 917 (a New York area code) number — it was right when (those were new) — and he said Lou was like, "What?" Like he was too cool for the new area code. Ethan was mortified, but it was kind of like, "He's Lou Reed. He can think that that's not cool."

**You mentioned this is your first of "one of these kinds of movies." What was behind the decision?**
Well, part of it was that I'd never done anything like this. I was kind of surprised they offered it to me. It kind of read like arm candy — which was kind of appealing to me. "Eh, I'm just a biker chick, arm candy in one of these movies. I've never done that, it could be fun!" And then also just honestly a big pull was James (Franco) because we're friends. I was like, "Are you really going to do this Homefront thing?"

**You do come off as more interesting than just arm candy.**
Oh good. It's just, there's not a lot of logic in these movies. It was an experience. I don't know if I'll do another thing like that. I did a thing right after that was like the opposite, this really great David Hare thing got Christopher Walken and Bill Nighy and Ralph Fiennes, and it's about the bringing down of Tony Blair. It's all words and brilliant and about detention centres being built and money-laundering. So to go from this to that, it's kind of like that thing where I'm glad that I'm older because I would hate to be the ingenue now. It just seems like it would be tough these days.

**Old becomes new**

Winona Ryder figures she's hitting that age where everything old becomes new again. In 1994, she played Jo March in the film adaptation of Louisa May Alcott's novel Little Women and she was surprised to learn that Hollywood is going to revisit the material once again in a new film version. "I saw Christian Bale (who plays Laurie in the 1994 version) and I was like, 'Hey, what the hell?' It's just weird when they're redoing your (old stuff)."

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# In Mom, Janney shows she can be six feet of funny

**Allison Janney.** The tall actress was once told she'd be stuck playing extraterrestrials, but has now proven that she's got no limitations

Allison Janney extends the maxim that the best actors can entertain simply by reading a phone book. She manages with commercials.

Her voice is warm and burnished with compassion on radio and TV voiceover spots for a health-care provider, possibly the most melodic soft-sell ever.

Then there's her real craft. Consider, for instance, her sharp, take-no-prisoners delivery as C.J. Gregg in The West Wing, and her manic chatter as a blowsy woman in the indie film The Way Way Back.

Or enjoy the sly purr she employs as Bonnie, a wayward but good-hearted parent and grandparent who's trying to stay reformed in the new CBS sitcom Mom. Anna Faris co-stars as her similarly imperfect daughter.

"It's acting," Janney said. "I feel like actors like to be challenged and play all different types of roles. For whatever reason, I've been given the opportunity to do so."

That reason, of course, is she is an enormously gifted and appealing performer with a range that's second to none. Her talent has been on display on Broadway, where she earned Tony nominations for 9 to 5 and A View from the Bridge, and in movies including American Beauty and Drop Dead Gorgeous.

She earned four Emmy Awards for playing White House press secretary C.J. Cregg in The West Wing.

In person, the willowy Janney is polite and soft-spoken — the product, the Ohio native says, of her proper Midwestern upbringing. She's also prone to a full-throated laugh, along with charming moments of candour and modesty.

Her six-foot height, she says, earned her some brutal early career assessments from short-sighted agents: One said her roles would be limited to a handful of options, including aliens.

**Going for laughs**

**"Allison is a writer's dream come true. She can literally do anything. And do it brilliantly. Physical comedy, sweet poignant moments, heartbreaking scenes, classic straight man, you name it."**
Writer-producer Chuck Lorre

And Janney acknowledges that her 1999-2006 experience on the intricate, densely scripted political drama from Aaron Sorkin was something she treasures, but also acutely recalls as demanding.

"It was fascinating to be part of that, and all the people in Washington who wanted to be part of it because it's the first time they were made to look good and exciting," she said. Then there was the thrill of "going to D.C. and feeling like a rock star."

The heavy shooting schedule, however, required a commitment that meant missing "a lot of family things, and weddings and funerals," and putting relationships a distant second to work, said Janney, who is single.

Allison Janney, left, and Anna Faris in a scene from the CBS sitcom Mom. MONTY BRINTON/CBS/THE ASSOCIATED PRESS

A multi-camera comedy like Mom offers a different experience, with shorter rehearsal days followed by a Friday taping. "This is so civilized," she said, both for her and for Faris, "who has a baby and can see her child grow up."

But it's really laughs that Janney is after. "Comedy is what I love the best. I'm just drawn to it," she said, with Carol Burnett and Mary Tyler Moore among her TV favourites as a youngster. In her early years on stage, in college and with regional theatres, she flexed her comic muscles.

"I just thought it was the most fun you could have," Janney said. THE ASSOCIATED PRESS


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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Zac Efron. ALL PHOTOS GETTY IMAGES

## Efron getting lots of bedside attention

Zac Efron may be dealing with his mouth being wired shut after breaking his jaw, but at least he's not suffering alone. Sources tell Radar Online that Efron's rumoured girlfriend Lily Collins is nursing him back to health.

"Zac is so grateful for Lily. She's being so sweet with him and is going above and beyond to take care of him," a source says.

"She makes him healthy smoothies he can drink through the wire and she's really good emotional support for him right now."

**Pop Goes the Week**

## *Crazy is as crazy does*

STARGAZING
Malene Arpe
scene@metronews.ca

**This week in pee: 1) Eminem says that the only way he could possibly top Kanye West's controversial BBC interview would be to pee on the floor.** 2) Christian Bale reveals he told Ben Affleck to make sure his bat suit would allow him to "take a pee without anyone having to help him, because it's a little bit humiliating." 3) Andy Cohen says he made perfume from Lady Gaga's urine after she relieved herself in a bucket on the set of Watch What

Happens Live. 4) I may, possibly, for sure, have wet myself when I heard Monty Python is planning a reunion.

**Dakota Johnson, who will star in the movie, insists 50 Shades of Grey is "an incredible love story."** She then describes One Direction's music as "something that will surely stand the test of time" and notes that Agents of S.H.I.E.L.D. is "the best new TV show in 20, nay 25, years."

**This week in back together? 1) There are rumours Ryan Gosling and Rachel McAdams are seeing each other again.** 2) Former couple Taylor Swift and Harry Styles may be secretly dating. 3) Robert Pattinson and Kristen Stewart are reportedly sneaking around with each other. 4) There are whispers about Nina Dobrev and Ian Somerhalder having picked up where they left off. 5) It appears the celebrity dating pool has officially dried up. Very, very carefully consider what you do next, Katie Holmes.

Kate Winslet

## Family comes first, no matter how big Winslet's arse may get

Actress Kate Winslet, who turned 38 last month and is expecting her third child (her first with hubbie Ned Rocknroll) says she doesn't care about losing the baby weight. Winslet's fluctuating weight has been a popular topic of discussion over the years, in an industry obsessed with superskinny bodies.

Recently Winslet told Italian Vanity Fair: "Honestly, among my acquaintances there is no woman wearing XS. No, sorry, there is one: my daughter. The point is that Mia is 11 years old."

While she believes in being fit and healthy, Winslet says her top priority after giving birth will be spending time with her family — not hitting the gym.

As she told Time Out: "I don't want to spend time thinking about the size of my arse."

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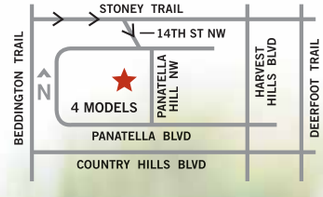


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Flu season

## Faking it?

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Here are guidelines to tell if a member of your family is really sick or faking.

•Child: Fortunately, most children are very bad actors/liars. You know they're faking their illness if they: A) have a test at school that day B) clutch their stomach seconds after bounding down the stairs and punching a brother on the way C) are hovering suspiciously near a heating vent with a thermometer, or D) ask, "What happens if I feel better around four?" noting a hockey game on the schedule for later that day. A gentle reminder about their negotiating position when it comes to extended curfews is recommended.

• Husband: Guys can be tricky. Some are entirely stoic about broken bones, huge bleeding wounds, and things that went snap, but the slightest sniffle can have them heading for the nearest couch wrapped in a Snuggie. The "man-flu" is well documented and needs no additional space here; we've all had the flu, it sucks, get over yourself. You don't need to announce every little symptom and sigh every 10 minutes. Bottom line? Who cares if he's sick? He's an adult. Let him figure it out.

•Wife: Because she says so.

EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, PUBLISHED BY MCCLELLAND & STEWART, 2013, AND RECENTLY OPTIONED BY WARNER BROTHERS TELEVISION. KATHYBUCKWORTH.COM

Exclusively online

It's one of the biggest parenting challenges of the season: creating the perfect holiday greeting card. Check out this week's exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices.

Join the laughter on twitter @mommyreasons.

# Tot-sized good and evil

**Q&A.** Researcher Paul Bloom seeks to answer whether babies are moral beings

Are we naturally good or evil? Cognitive scientist Paul Bloom argues in a new book that we're both.

In Just Babies: The Origins of Good and Evil (Crown), the developmental psychologist and Yale professor takes on the nature of morality and research spanning evolutionary biology to philosophy, drawing on everyone from Sigmund Freud to Louis C.K.

His conclusion? Babies have the capacity for empathy and compassion, possess a limited understanding of justice and have the ability to judge. Yet they navigate not along colour lines but as Us versus Them, usually landing squarely in the Us camp.

According to developmental psychologist Paul Bloom, babies have the capacity for empathy and compassion. ISTOCK

**What light do you shed on the "moral sense" of babies?**

We're born with this moral sense. A sense of right and wrong just comes naturally to humans and shows up in the youngest babies we can study. But this morality is limited. I think tragically limited. So we are morally attuned to those around us, to our kin, to our friends, to those we interact with, and we are utterly cold-blooded toward strangers. To some extent I think babies are natural-born bigots. They are strongly attuned to break the world into Us versus Them and have no moral feelings at all toward the Them, and this shows up all through development. So in some way, although a lot of morality is inborn, I think the great success of humans ... is expanding and transcending this inborn morality.

**Where do serial killers come from?**

Serial killers are very unusual people. ... We know that there's genetic differences in people's empathy, in people's compassion and how much they care about other people, in their ability to control violent rages, for example, and I'm sure a serial killer is somebody who has the genetic short end of the stick. Then you toss in certain environments. Your typical serial killer had a very unhappy childhood.

**You write about conflicts in research on racial bias in young children.**

For kids there's a lot of evidence that they're very strongly biased on Us versus Them if you get them to do it on the basis of things like different coloured T-shirts, for example, but race and skin colour isn't an automatic way of dividing up the world. So you take a two- or three-year-old and typically a two- or three-year-old shows no signs of being racist in any way. When you get older, if kids are in an environment when blacks and whites interact and they're totally mellow with each other and there's not much conflict, they'll see black and white but it won't matter at all. If you're in an environment where it matters then it will matter. Children are extremely prone and very ready to divide the world into groups, but the groups that they focus on is determined through learning. THE ASSOCIATED PRESS

# Feel the warmth with a bowl of Cauliflower Cheddar Soup

**1.** In pot, combine cauliflower, celery, onion, potatoes, garlic, pepper to taste, broth and water; cover and bring to a boil over high heat. Reduce heat to medium-low, cover and boil gently for 15 to 20 min or until vegetables are soft.

This recipe serves six to eight. MILKCALENDAR.CA

**Ingredients**

- 9 cups (2.25 l) chopped cauli flower (about 2 lbs/1 kg)
- 2 stalks celery, diced
- 1 onion, chopped
- 3 potatoes, peeled and diced
- 2 tsp (10 ml) minced garlic
- Pepper
- 2 cups (500 ml) reduced-sodium vegetable or chicken broth
- 1 cup (250 ml) water
- 2 tbsp (30 ml) all-purpose flour
- 2-1/2 cups (625 ml) milk
- Ground nutmeg
- 1-1/2 cups (375 ml) shredded Canadian Cheddar cheese, divided
- 1/4 tsp (1 ml) salt (approx.)

**2.** Whisk flour into milk; pour into pot with nutmeg to taste. Cook, stirring, 3 mins. or until slightly thickened. Remove from heat.

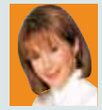
**3.** Using immersion blender or transferring in batches to an upright blender, purée until smooth.

**4.** Return to pot, if necessary. Heat over medium heat, stirring often, for about 5 min or until bubbling. Remove from heat and stir in 1 cup (250 ml) of the cheese until melted. Season with pepper and up to 1/4 tsp (1 ml) salt. Ladle into warm bowls and sprinkle with remaining cheese.

JODY SPRIEL OF PLEASANT HILL HOLSTEINS INC. IN ST. MARY'S, ONTARIO/ DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

**Healthy eating**

## *Choose it and lose it*



ROSE REISMAN
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**Taco Del Mar serves up Mexican favourites but not all are created equal when it comes to fat and calories.**

### Taco Del Mar Pork Nachos

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Nachos are never a good choice. Eat too much of this pork variety and you'll start oinking and rolling around in mud.

### Equivalent

Taco Del Mar Pork Nachos with cheese, tomato salsa, sour cream and guacamole are equal in calories to 2 lbs of pork chops.

### Taco Del Mar Pork Quesadilla with cheese and tomatoes

**720 calories / 35 g fat**
Enjoy pork in a quesadilla instead. They're perfect for an appetizer to split or as a single meal.

# There's potatoes then there's Melted Leek Mashed Potatoes

Like onions, leeks develop a rich, savoury flavour when cooked slowly. And when cooked this way, they make an excellent addition to a creamy mound of mashed potatoes.

Rather than caramelize the leeks, which requires a bit more hands on cooking, you simply melt them. It's actually a braise, but the result is meltingly good. And braising requires only an occasional stir. The leeks are thinly sliced, then simmered in broth or stock until extremely tender, then the whole mixture is stirred into the potatoes.

The easiest way to clean leeks is to cut them up first. Trim off the ends, cut them in half lengthwise, then thinly slice them. Place the slices in a large bowl of cool water and toss well, separating the layers, to rinse away any dirt. Allow dirt to fall to the bottom of the bowl, then use a slotted spoon to scoop out the floating leeks.

**1.** Place the potatoes in a large stockpot. Add enough water to cover by 1 inch. Set over high heat and bring to a boil. Cook until tender, about 20 minutes.

**2.** While the potatoes cook, prepare the leeks. In a large skillet over medium-high heat, melt the butter. Add the leeks and broth and cover. Bring to a simmer, then reduce heat to maintain the temperature and cook, stirring occasionally, until the leeks are extremely tender, about 30 minutes.

**3.** When the potatoes are cooked, drain and return to the pot. Add the half-and-half, then mash until smooth. Season with salt, then stir in the melted leeks — along with any liquid in the pan — and the chives.

THE ASSOCIATED PRESS

**Ingredients**

- 3 lbs Yukon gold potatoes, peeled and cut into chunks
- 3 tbsp unsalted butter
- 3 cups thinly sliced and cleaned leeks
- 1/2 cup chicken or vegetable stock or broth
- 1/2 cup half-and-half
- Salt
- 3 tablespoons chopped fresh chives

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# App. Zingy Devilled Eggs

**1.** Hard-boil the eggs and cool. Once cooled, peel, halve and carefully remove the yolks. Reserve the whites.

**2.** Combine the egg yolks, mayonnaise, Dijon, Xyla Buffalo Wing Sauce, and lime juice in a medium non-reactive bowl. Season well with salt and pepper, then mix well until the yolks are broken up and the ingredients are well mixed.

**3.** Evenly pipe or spoon the yolk mixture into the reserved egg white halves (a zip close bag with the corner cut off does a great job). As desired, sprinkle with paprika and chives for garnish. It would be practical and easy to transport if you have a devilled egg container, but opting for cupcake liners in a muffin tin works well too.

JULIE REID, XYLITOLCANADA.COM

**Ingredients**

- 12 eggs
- 6 tbsp mayonnaise
- 2 tsp Dijon mustard
- 4 tsp Xyla Buffalo Wing Sauce
- 2 tsp freshly squeezed lime juice (optional)
- Kosher salt
- Freshly ground black pepper
- Paprika and finely chopped fresh chives for garnish (cilantro is nice as well)

# Between meetings at two and achoo!

**On-the-job germs.** Grumpy tummies and gesundheits are an office inevitability at this time of year, but staying prudent about your health can help both you and your co-workers

JULIA FURLAN
Metro World News

You can hear it in the chorus of sneezes coming from the cubicle next door: the winter colds are in full Kleenex-piled swing. We asked Kelly Arehart — who manages the Healthy Workplace project, where she analyzes and advises offices all over the world on how to keep germs at bay — how to survive the season.

Arehart likes to start with the basics: no matter how much you play the blame game with friends and family "cold and flu are not discriminatory. Anybody can pick it up throughout their day."

Getting sick is as simple as touching an elevator button or a door handle — things you have to do, you know, to enter your office — so the key is to make sure you have a system in place. Arehart suggests making hand-washing part of the arrival routine, before you even get to your desk.

Oh, and speaking of that petri dish of bacteria you like to call a desk: According to Arehart, desks are commonly overlooked, but they are party central for germs. "They understand they should wash hands (or use sanitizer if they can't) but they miss that surfaces are a risk, a hot spot," she says.

Colds and flus spread easily in offices, subway cars and classrooms because people are sharing space. Part of sharing that space is knowing when you would do better to take the day off and stay home, the CDC guidelines (and Arehart) advise. In a recent survey conducted by Kimberly Clark, they found that 59 per cent of people went to work sick, and three out of 10 of them felt they are too important to their work to not be there.

But overall, one of the easiest ways to fight the sniffles — especially with the planes, trains and automobiles of the holiday season — is to keep your grimy hands away from your gorgeous face.

Getting sick can start with that one little rub of an eye or a nose.

**Bless you!**

**Tips for staying healthy at work during the holidays:**

- Wash your hands.
- Keep some surface wipes and hand sanitizer handy and use it to wipe down your work space as well as keep your hands germ-free.
- Try to keep your hands away from your face.
- Wash your hands. Yep, broken record here.

If you feel sick, do your co-workers a solid and stay home. ISTOCK

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'Round the world wisdom

## *Pop your bubble and learn to thrive*

**The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.**

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

We are frequently struck with an idea that takes us out of our comfort zone, yet rarely do we throw caution to the wind and sail towards opportunity.

Encountering hardships in 2008, I sought out a positive challenge that would stand to counter my struggles. Running the Gobi Desert seemed like the perfect challenge: "If I can run the desert, I can handle anything," I told myself.

I trained hard to reinvent myself as a runner, and from a standing start, within five short months I found myself in the Gobi Desert, lacing up my running shoes for a six day race.

At 7 a.m. we took to the startling line. I was terrified. Five hours later, I had finished my first marathon ever. I then did the same, on days two, three and four. On the fifth day I ran 85 km (two marathons), a distance I never imagined walking let alone running.

Every part of the journey was foreign to me. Whenever I stopped to ponder the enormity of the task at hand, I thought, "Wow, I am way outside of my comfort zone, and yet, I'm still here!"

Unexpectedly, I crossed the finish line first in the 40 to 50 age group. I returned with the sincere belief that I could handle the recession, and anything else life threw my way.

In fact, before the six-day run, a recession was an event to try to survive. The desert showed me it is possible to thrive. Only by stepping out of our comfort zone can we expand it and ultimately realize what we are truly capable of.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Take a walk on life's uneasier side every so often. ISTOCK

If you're considering the temp life — whether you're on the hunt for full-time employment or looking for a way to supplement part-time or freelance work — here are six books worth a read:

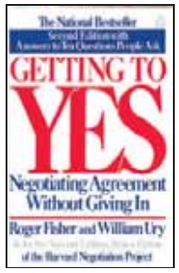
VAWN HIMMELSBACH
Metro News

# Five must-reads for temps

### Getting to Yes: Negotiating Agreement Without Giving In

**Roger Fisher and William Ury**

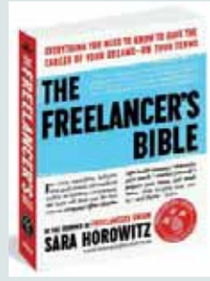
The revised edition of this classic business book is based on the Harvard Negotiation Project, a group that deals with negotiation and conflict resolution. While it's applicable to anyone, it's particularly useful for temps, who often don't want to rock the boat for fear of never being asked to come back. The book provides a step-by-step strategy for coming to mutually acceptable agreements in any sort of conflict — without getting angry or getting taken advantage of.


The National Bestseller
Second Edition with Answers to Six Questions People Ask
GETTING TO YES
Negotiating Agreement Without Giving In
Roger Fisher and William Ury
of the Harvard Negotiation Project

### The Freelancer's Bible: Everything You Need to Know to Have the Career of Your Dreams — On Your Terms

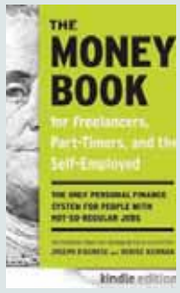
**Sara Horowitz and Toni Sciarra Poynter**

If you're a temp or otherwise self-employed, one of the biggest challenges you'll face is finding work — and then getting paid for it. This reference guide will help you learn the ropes, such as getting clients (and keeping them happy), setting fees; surviving a dry spell, building a reputation, negotiating dos and don'ts, as well as recording-keeping and tax tips.




### The Money Book for Freelancers, Part-Timers, and the Self-Employed: The Only Personal Finance System for People with Not-So-Regular Jobs

**Joseph D'Agnese and Denise Kiernan**

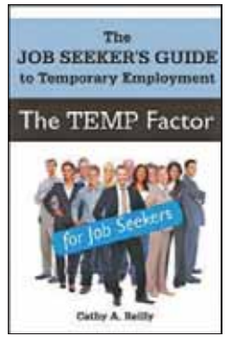



If you don't have a cubicle to call your own, you probably don't have benefits or a regular paycheque on the 15th and 30th of each month. The authors of this book have come up with a comprehensive system for earning, spending and saving, peppered with anecdotes from freelancers and interviews with financial experts. Topics include: what to do when a client's cheque doesn't come in and how to plan for retirement.

### The Temp Factor for Job Seekers: The Job Seeker's Guide to Temporary Employment

**Cathy A. Reilly**

Like the title suggests, this book explains the many benefits (and challenges) of temping, such as gaining work experience, expanding networks and avoiding gaps in employment. For those just starting out or looking to "audition" for a job through temp work, this book covers the essentials — what clients and staffing services look for in a temp, how to apply to staffing services and how to set yourself apart from the crowd.




### My So-Called Freelance Life

**Michelle Goodman**

This "girlfriend-to-girlfriend guide" written by a full-time freelancer offers tips and advice on how to leave the cubicle behind and pursue fulfilling work — on your own terms. Blending anecdotes with personal experience, Goodman explains how to get started, create a budget, build clientele (and weed out the bad ones), as well as how to market yourself, negotiate an hourly rate and manage your taxes.

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NFL

## Pats complete comeback over Broncos in OT

Stephen Gostkowski kicked a 31-yard field goal for New England after a misplayed punt return by Denver, lifting the Patriots to a 34-31 overtime victory over the Broncos on Sunday night.

Denver's Tony Carter ran into Ryan Allen's punt after it landed and Nate Ebner recovered for New England at the Broncos 13-yard line. After Tom Brady ran twice to line up the kick, Gostkowski connected for his 21st successful field goal attempt.

Brady threw for three touchdowns to lead the Patriots (8-3) back from a 24-0 halftime deficit to a 31-24 lead as New England scored on its first five possessions of the second half. Then Peyton Manning threw an 11-yard scoring pass to Demaryius Thomas for the Broncos (9-2), tying it at 31. THE ASSOCIATED PRESS

Soccer

## Canadian women settle for draw

The Canadian women created a number of chances but settled for a 0-0 draw with Mexico in a friendly on Sunday in Vancouver.

Canada, ranked seventh in the world, had a chance to grab the lead in the 48th minute, but Sophie Schmidt sliced a cross from Brittany Baxter over the Mexican goal.

Kaylyn Kyle then had a golden opportunity in the 53rd only to have Mexican goalkeeper Cecilia Santiago make a big save.

THE CANADIAN PRESS

Roughriders running back Kory Sheets celebrates his fourth-quarter touchdown against the Tiger-Cats during the Grey Cup game on Sunday night in Regina. Sheets was a force for the Riders, rushing for 197 yards and two touchdowns to earn MVP honours in a 45-23 win. JONATHAN HAYWARD/THE CANADIAN PRESS

# Party on the Prairies

**CFL playoffs.** Record-setting performance by Sheets leads Riders to championship victory

Grey Cup game

| Roughriders | Tiger-Cats |
|---|---|
| 45 | 23 |

Kory Sheets ran for a record 197 yards and two TDs to power the Saskatchewan Roughriders to a 45-23 win over the Hamilton Tiger-Cats in the 101st Grey Cup game Sunday night.

Sheets delighted the raucous hometown crowd of 44,710 by smashing the previous mark of 169 yards, set in 1956 by Edmonton's Johnny Bright. Sheets, who was named the game's MVP, was especially impressive in the first half, running for 128 yards and a TD in leading Saskatchewan to a commanding 31-6 halftime advantage.

"The one thing that led us to a dominant performance was that the fans were unreal," Roughriders coach Corey Chamblin said. "It was unreal. From pre-game warmup I knew it was going to be tough for those guys. I looked at them and said 'I wouldn't want to be in your shoes.' I mean, it was ridiculous. The whole thing was green."

Sheets agreed.

"I said it before the game started, this is not a neutral crowd," he said. "The fans are going to be in here knocking and rocking and they proved it."

He's looking forward to celebrating with Rider Nation.

"It's going to be amazing," he said. "I can't wait to hit the streets and party with the fans."

Saskatchewan slotback Chris Getzlaf was the game's top Canadian.

Quarterback Henry Burris, who rallied Hamilton from a 24-10 deficit to beat Toronto 36-24 in the East final, pulled Hamilton to within 31-16 on his 18-yard TD run early in the third and a drive that Luca Congi capped with a 33-yard field goal early in the fourth. But Sheets cemented the win with a five-yard touchdown with just over five minutes remaining.

Geroy Simon got his first two Grey Cup TDs, and Jock Sanders and Weston Dressler also scored for Saskatchewan. Chris Milo had the converts and a field goal.

THE CANADIAN PRESS

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# Staal has 3-point night as Hurricanes bowl Senators over

The Hurricanes' Kevin Westgarth sends the Senators' Mark Borowiecki head-first into the boards during the first period in Raleigh, N.C., on Sunday. Westgarth received two minutes for boarding. KARL B. DEBLAKER/THE ASSOCIATED PRESS

**NHL.** Coach MacLean calls out Ottawa on 'self-inflicted' errors in 4-1 loss to Carolina

Cam Ward has made many, many saves in his NHL career. Still, he can appreciate a good one.

Ward stopped 35 shots in the Carolina Hurricane's 4-1 over the Ottawa Senators on Sunday night, with none more entertaining than his desperation stick save against Colin Greening in the first period.

"I had goosebumps after that one," Ward said. "We play this game for a living but when you make a save like that, I turn into a little kid. It also was a sigh of relief to get that save because that was a big part of the game in the first period."

Ward had already given up a rebound goal to Jason Spezza 1:07 into the game when he stopped Greening to keep it close for Carolina, who scored three times in the second to take command.

Ward said his confidence grew immensely playing on consecutive days for the first time this season. He missed 10 games with a lower-body injury and returned to the lineup on Nov. 18.

**Lehner's effort falls short**

**Ottawa goalie Robin Lehner was solid except for the six-minute stretch in the second period, finishing with 33 saves.**

Eric Staal had a goal and two assists, and Patrick Dwyer, Tuomo Ruutu and rookie Elias Lindholm each scored for the Hurricanes, who have won 10 of 11 at home against Ottawa. Staal scored an empty-net goal with 2:29 left.

With both teams playing the second of back-to-back games, it was visiting Ottawa that jumped out early on Spezza's 10th of the season.

But Ottawa coach Paul MacLean said his team didn't play hard enough to win.

"We don't play long enough to consistently win," MacLean said. "A three-minute span in the second period and we end up making two costly errors that were self-inflicted. One ends up in our net and the other ends up in penalty, then ends up in our net."

THE ASSOCIATED PRESS

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## NHL

### EASTERN CONFERENCE

**ATLANTIC DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Boston | 23 | 15 | 6 | 2 | 64 | 43 | 32 |
| Toronto | 23 | 14 | 8 | 1 | 66 | 54 | 29 |
| Tampa Bay | 23 | 14 | 8 | 1 | 67 | 61 | 29 |
| Detroit | 25 | 11 | 7 | 7 | 63 | 70 | 29 |
| Montreal | 24 | 13 | 9 | 2 | 64 | 51 | 28 |
| Ottawa | 24 | 9 | 11 | 4 | 68 | 77 | 22 |
| Florida | 24 | 6 | 13 | 5 | 53 | 80 | 17 |
| Buffalo | 25 | 5 | 19 | 1 | 44 | 79 | 11 |

**METROPOLITAN DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Pittsburgh | 24 | 15 | 9 | 0 | 69 | 54 | 30 |
| Washington | 24 | 12 | 10 | 2 | 72 | 68 | 26 |
| NY Rangers | 23 | 12 | 11 | 0 | 48 | 54 | 24 |
| New Jersey | 23 | 9 | 9 | 5 | 49 | 55 | 23 |
| Carolina | 24 | 9 | 10 | 5 | 49 | 67 | 23 |
| Philadelphia | 22 | 10 | 10 | 2 | 49 | 53 | 22 |
| Columbus | 23 | 8 | 12 | 3 | 56 | 71 | 19 |
| NY Islanders | 24 | 8 | 13 | 3 | 68 | 82 | 19 |

### WESTERN CONFERENCE

**CENTRAL DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Chicago | 24 | 16 | 4 | 4 | 87 | 70 | 36 |
| St. Louis | 22 | 16 | 3 | 3 | 79 | 50 | 35 |
| Colorado | 22 | 17 | 5 | 0 | 69 | 45 | 34 |
| Minnesota | 24 | 15 | 5 | 4 | 64 | 55 | 34 |
| Dallas | 22 | 11 | 9 | 2 | 61 | 65 | 24 |
| Nashville | 23 | 11 | 10 | 2 | 52 | 67 | 24 |
| Winnipeg | 25 | 10 | 11 | 4 | 66 | 75 | 24 |

**PACIFIC DIVISION**

| | GP | W | L | OL | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Anaheim | 26 | 17 | 6 | 3 | 80 | 65 | 37 |
| San Jose | 23 | 15 | 3 | 5 | 79 | 52 | 35 |
| Los Angeles | 24 | 15 | 6 | 3 | 64 | 51 | 33 |
| Phoenix | 23 | 14 | 5 | 4 | 78 | 74 | 32 |
| Vancouver | 25 | 12 | 9 | 4 | 65 | 65 | 28 |
| Calgary | 23 | 8 | 11 | 4 | 64 | 84 | 20 |
| Edmonton | 24 | 7 | 15 | 2 | 64 | 84 | 16 |

**Note:** Two points for a win, one point for overtime loss.

**Sunday's results**
Carolina 4 Ottawa 1
Detroit 3 Buffalo 1
**Saturday's results**
Boston 3 Carolina 2 (OT)
Minnesota 3 Winnipeg 2 (SO)
Montreal 3 Pittsburgh 2
Toronto 2 Washington 1 (SO)
Ottawa 4 Detroit 2
Philadelphia 5 NY Islanders 2
NY Rangers 2 Nashville 0
St. Louis 6 Dallas 1
Anaheim 4 Phoenix 2
Chicago 2 Vancouver 1
San Jose 2 New Jersey 1
Colorado 1 Los Angeles 0 (OT)
**Monday's games — All Times Eastern**
Winnipeg at New Jersey, 7 p.m.
Pittsburgh at Boston, 7 p.m.
Columbus at Toronto, 7 p.m.
Philadelphia at Florida, 7:30 p.m.
NY Rangers at Tampa Bay, 7:30 p.m.
Phoenix at Nashville, 8 p.m.
Minnesota at St. Louis, 8 p.m.
Chicago at Edmonton, 9:30 p.m.
Los Angeles at Vancouver, 10 p.m.
**Tuesday's game**
Anaheim at Dallas, 8 p.m.

## NFL

### WEEK 12

**Sunday's results**
Carolina 20 Miami 16
Baltimore 19 N.Y. Jets 3
Tampa Bay 24 Detroit 21
St. Louis 42 Chicago 21
Pittsburgh 27 Cleveland 11
Jacksonville 13 Houston 6
San Diego 41 Kansas City 38
Green Bay 26 Minnesota 26
Arizona 40 Indianapolis 11
Tennessee 23 Oakland 19
Dallas 24 N.Y. Giants 21
Denver at New England
**Monday's game — All Times Eastern**
San Francisco at Washington, 8:40 p.m.

## MLS PLAYOFFS

### CONFERENCE CHAMPIONSHIPS

**EASTERN CONFERENCE**
**Saturday's result**
Sporting KC 2 Houston 1
**(Sporting KC advances 2-1 on aggregate)**
**WESTERN CONFERENCE**
**Sunday's result**
Real Salt Lake 1 Portland 0
**(Real Salt Lake advances 5-2 on aggregate)**

### MLS CUP

**Saturday, Dec. 7**
Sporting KC vs. Real Salt Lake, 4 p.m.

## NBA

### EASTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| Indiana | 12 | 1 | .923 | — |
| Miami | 10 | 3 | .769 | 2 |
| Atlanta | 8 | 6 | .571 | 4½ |
| Toronto | 6 | 7 | .462 | 6 |
| Chicago | 6 | 6 | .500 | 5½ |
| Charlotte | 7 | 7 | .500 | 5½ |
| Philadelphia | 6 | 9 | .400 | 7 |
| Detroit | 5 | 8 | .385 | 7 |
| Washington | 5 | 8 | .385 | 7 |
| Boston | 5 | 10 | .333 | 8 |
| Orlando | 4 | 9 | .308 | 8 |
| Cleveland | 4 | 10 | .286 | 8½ |
| New York | 3 | 9 | .250 | 8½ |
| Brooklyn | 3 | 10 | .231 | 9 |
| Milwaukee | 2 | 10 | .167 | 9½ |

### WESTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| San Antonio | 12 | 1 | .923 | — |
| Portland | 12 | 2 | .857 | 1/2 |
| Oklahoma City | 9 | 3 | .750 | 2½ |
| L.A. Clippers | 10 | 5 | .667 | 3 |
| Houston | 9 | 5 | .643 | 3½ |
| Dallas | 9 | 5 | .643 | 3½ |
| Golden State | 8 | 6 | .571 | 4½ |
| Memphis | 7 | 6 | .538 | 5 |
| Phoenix | 7 | 6 | .538 | 5 |
| Minnesota | 8 | 7 | .533 | 5 |
| Denver | 6 | 6 | .500 | 5½ |
| New Orleans | 6 | 6 | .500 | 5½ |
| L.A. Lakers | 7 | 7 | .500 | 5½ |
| Sacramento | 4 | 9 | .308 | 8 |
| Utah | 1 | 14 | .067 | 12 |

**Sunday's results**
Detroit 109 Brooklyn 97
L.A. Clippers 121 Chicago 82
Phoenix 104 Orlando 96
Oklahoma City 95 Utah 73
L.A. Lakers 100 Sacramento 87
**Monday's games — All Times Eastern**
Minnesota at Indiana, 7 p.m.
Boston at Charlotte, 7 p.m.
Phoenix at Miami, 7:30 p.m.
Milwaukee at Detroit, 7:30 p.m.
Houston at Memphis, 8 p.m.
Denver at Dallas, 8:30 p.m.
New Orleans at San Antonio, 8:30 p.m.
Chicago at Utah, 9 p.m.
New York at Portland, 10 p.m.

## CFL PLAYOFFS

### 101ST GREY CUP

**At Regina, Sask.**
**Sunday's result**
Saskatchewan 45 Hamilton 23

## Horoscopes

### ♈ Aries
**March 21 - April 20**
Even an Aries has to take orders from some people and one such individual will demand you show them the respect they think they deserve. Let them have it.

### ♉ Taurus
**April 21 - May 21**
Your ideas and opinions will change radically over the next few days — which is not like you at all. It won't worry you, but some people may be concerned you are acting out of character.

### ♊ Gemini
**May 22 - June 21**
You seem strangely dissatisfied at the moment and can't quite put your finger on why that is. As the Sun moves deeper into your opposite sign partners and loved ones will help you find out.

### ♋ Cancer
**June 22 - July 23**
Act first and worry about the consequences later. Better still, don't worry about the consequences at all. Be ready and willing to take a few risks over the next seven days.

### ♌ Leo
**July 24 - Aug. 23**
How you start the week will determine what sort of week you are going to have. If someone tries to pile lots of work on you, just say no.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Creative matters will become more important to you as the week progresses, but today, focus on getting domestic affairs in order. What can you do to reassure loved ones that their needs are your number one concern?

### ♎ Libra
**Sept. 24 - Oct. 23**
You don't need to make excuses if you want to be by yourself. Others may think you are being anti-social, and maybe you are, but so what?

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Keep travel plans to a minimum over the next 24 hours because there could be hold-ups and setbacks which get you frustrated.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
You will get the opportunity to go back and set something right, and if you are smart you will seize it with both hands. If you don't it will continue to prey on your mind and hold you back.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
You may not want to cause offense, either at home or at work, but you must speak your mind today, no matter what the effects may be. Let others know you have strong principles and opinions.

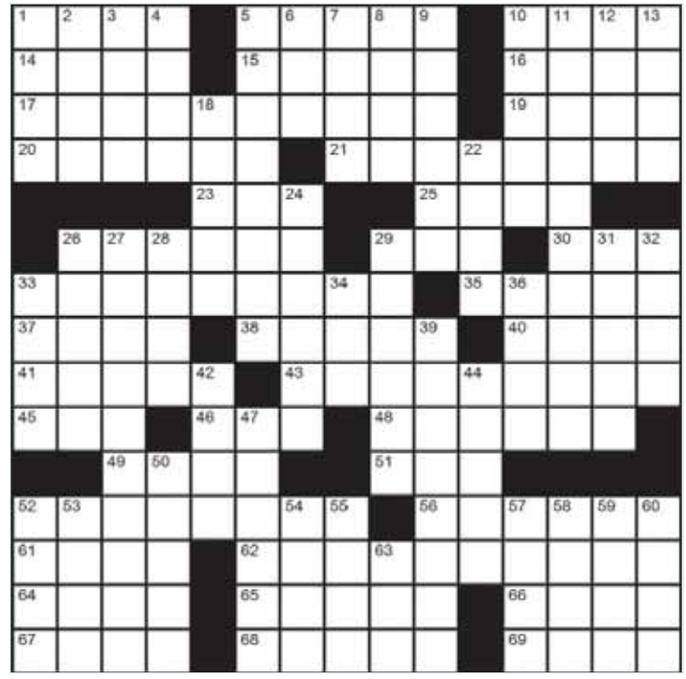
### ♒ Aquarius
**Jan. 21 - Feb. 19**
For one reason or another you find it hard to get along with certain people and you must not try to force yourself to work with them. There is more than enough space to do your own thing.

### ♓ Pisces
**Feb. 20 - March 20**
The more others try to tie you down the more likely it is you will strive to break free. Especially at work, you just can't see the point of hammering away at the same problems. Do something different this week. **SALLY BROMPTON**

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

**BY KELLY ANN BUCHANAN**



**Across**

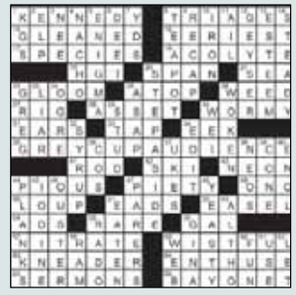
1. Miley Cyrus' momager
5. Russian refusals
10. Way off
14. Currency exchange fee
15. Denmark's __ Islands
16. Cautious
17. Exercise for some pet owners: 2 wds.
19. Aboard the ship
20. Within reach: 2 wds.
21. I'll Be Loving You by The __ __ & BBQ Show (Montreal duo whose music the late great Lou Reed admired)
23. Fast food chain: letter + symbol + letter
25. Dedicated to the __ _ Love by The Shirelles
26. Ms. Copps
29. Cape Town's home [acronym]
30. 'Electr' ender
33. Medieval killer: 2 wds.
35. Receded
37. L.A.'s state
38. Canadian skating great/choreographer, Sandra __
40. Nero's 2051
41. Amadeus (1984) star Tom
43. Hit for rapper Gerardo: 2 wds.
45. Card game
46. Author Mr. Lawrence, et al.
48. Surface
49. Bargain
51. Nature's coat
52. Company chatter: 2 wds.
56. Cone-shaped dwelling
61. Holly __ Trio
62. Join in Klondike fun: 3 wds.
64. Competent
65. Phoney well-wishery
66. __ _ Want by Irish band Kodaline
67. Yo-Yos
68. Advice columnist Ann Landers aka __ Lederer
69. Requires directions

**Down**

1. "All done!"
2. Jazz classic: _ __ Rhythm
3. Wistful utterance
4. This is __ _ Heart in music
10. Conscious
11. Vogue, e.g.: 2 wds.
12. Locale
13. Mr. Seacrest
18. Hammer _ __ in
22. Eat at
24. Bets
26. '70s idol, Mr. Cassidy
27. Broadway musical!: 2 wds.
28. Larger-than-life
29. Applied a cold pack again
31. Check out, __ into
32. Ms. Falco
33. Songbook standard: Ac-Cent-__-Ate the Positive
34. Submachine gun variety
36. Russia/China border river
39. Disco hit for Canadian singer France Joli: 3 wds.
42. Coup d'__
44. Waste place
47. Pass
50. Blades
52. "Vamoose!"
53. Freight train rider
54. Desk light
55. Start to 'sack'
57. Equal, in Paris
58. On-a-horse sport
59. Building wings
60. Change
63. __-End? by Brit singer Kate Nash

Breaks by Rob Thomas
5. East Coast region: abbr. + symbol + abbr.
6. Yakety __ by The Coasters
7. Mr. Estrada
8. Ms. Braxton
9. Repetition marks,

## Friday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 6 | | 7 | 8 | | | | |
| | 5 | | 2 | | | | 3 | 8 |
| | | 3 | 6 | | | 7 | | |
| | | | | | | 5 | 7 | 6 |
| 5 | | | | 2 | | | | 3 |
| 4 | 7 | 1 | | | | | | |
| | | 9 | | | 2 | 4 | | |
| 3 | 4 | | | | 6 | | 8 | |
| | | | | 9 | 8 | | 1 | |

### Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 3 | 1 | 8 | 2 | 6 | 9 | 5 | 7 |
| 2 | 9 | 7 | 5 | 1 | 4 | 8 | 6 | 3 |
| 5 | 6 | 8 | 3 | 7 | 9 | 1 | 2 | 4 |
| 7 | 5 | 9 | 4 | 6 | 2 | 3 | 8 | 1 |
| 3 | 8 | 4 | 9 | 5 | 1 | 6 | 7 | 2 |
| 6 | 1 | 2 | 7 | 8 | 3 | 5 | 4 | 9 |
| 9 | 2 | 3 | 6 | 4 | 8 | 7 | 1 | 5 |
| 1 | 7 | 6 | 2 | 9 | 5 | 4 | 3 | 8 |
| 8 | 4 | 5 | 1 | 3 | 7 | 2 | 9 | 6 |

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|---|---|---|
| MAX: -1° MIN: -8° | MAX: 5° MIN: -5° | MAX: 0° MIN: -7° |

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14J047A • 10,000 KM
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14T130A • 98,808 KM
TRICKED OUT! $25,998

### 2011 Jeep GR. CHEROKEE

14J155A • 56,000 KM
V6 LAREDO $30,998

### 2011 Jeep WRANGLER

B3306 • 52,600 KM
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### 2006 Dodge CARAVAN

B3125B • 126,000 km
BLOWOUT! $7,998

### 2010 Dodge GR. CARAVAN

B2414C • 88,060 KM
BLOWOUT! $15,998

### 2011 Dodge GR. CARAVAN

13T187A • 34,000 KM
SXT! STOW n' GO $19,998

### 2012 Dodge GR. CARAVAN

B3165 • 52,500 KM
V6! STOW n' GO! $19,998

### 2012 Dodge JOURNEY RT

14T170A • 10,718 KM
AWD LOADED! SOLD!

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13T602A • 164,058 KM
BLOWOUT! $16,998

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13T442A • 102,700 KM
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